Ufford PUNCH

Issue 336

January 2025

Deep Midwinter Issue

Surviving January ♦ Handling the Truth ♦ Christmas Leftovers

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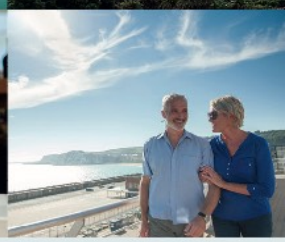

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ABTA CLIA

Welcome to the Ufford PUNCH

From the Editor

January has been dubbed by professional dubbers the Monday of months, and Blue Monday (January 16th) is officially the most depressing day of the year, as scientifically proven by a bona-fide psychologist sponsored by a reputable travel company.

In its early days January can seem like an easy conveyance between December and February, but treat it with caution for it may throw a wheel and cast you off into the mire of despond given a chance and a half. Fortunately we have a three-page survival guide to help you on the journey; it has been finely calibrated so that if you follow each recommendation, complete the jigsaw, watch the shows, fatten yourself up with the chowder, read at a cracking pace and avoid delays on the A14, then it will take you exactly thirty-one days to get through all the items we have suggested. How you then deal with February is your own affair - I signed up for this month only.

We also have a wrap-up of the Christmas events that came too late for our print deadline and contributions from not one but two Cochranes.

Gardener Nikk Slowey, who has done a great job writing columns for us regularly since 2021, will now be providing quarterly submissions. We have been very fortunate in finding two other knowledgeable horticulturists to write quarterly articles alongside Nikk. This month, we warmly welcome Susannah Sharman and we shall unveil our third member of the gardening team in February (personally I'm against this custom of keeping prospective gardeners veiled, but it's local tradition). Finally, we have a new column where younger readers can introduce us to their pets - we welcome your contributions.

Punch readers: 'Oy! How about some cheer and seasonal greetings, you miserable old phantom'?

Yes, I almost forgot - Happy New Year!

All the best

Kevin Young

Have you heard it on the PUNCHLINE?

Get the latest village news first via our digital newsletter 'PUNCHLine'.

If there is anything you want to broadcast, write your message and send it in Monday - Saturday for circulation to all our subscribers as soon as possible.

To subscribe, or broadcast news, email punchline@uffordpunch.org.uk

Cover photo by the editor

Ufford PUNCH February 2025

Deadline for submissions to submissions@uffordpunch.org.uk

17th January 2025

UPC Ufford Parish Council News

Happy New Year to all Ufford PUNCH Readers

Buses

Have you ever wanted to catch the bus in to Woodbridge or in the other direction to Aldeburgh, but never knew the timetable or where to find it? We hope the following information will be of help.

Essentially the 63, 64 and 65 buses come through Ufford. The buses run along High Street and Yarmouth Road. There are four official stops: at the top of Parklands, at the location known as 'Council Houses' (at the entrance to KPM Motors), outside the Crown (this stop travelling towards Aldeburgh is at the bottom of Byng Hall Road), and at the junction with Spring Lane.

A full timetable can be found online by searching '*Bus Timetable for Ufford, Suffolk*'. If you don't do computers and would like a printed copy of the timetable, please call Judi on 01394 411405 and she will be please to print one off and bring it to you.

The buses are roughly one an hour, with a more frequent service in the early morning and late afternoon. Let's hope the bus is a little more modern than this one! →

Meeting Dates and Places in 2025

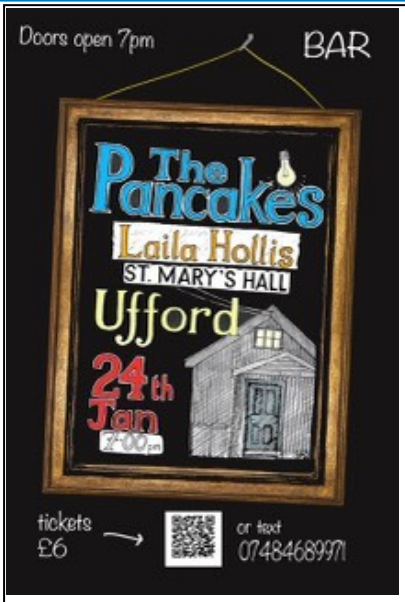
Ufford PC meet on the third Tuesday of each month (*in August only if necessary*). We divide our time between the Parish Hall and the Community Hall. Guests to the meeting are always welcome so why not get these dates in your diaries now:

21st January - Community Hall
18th February - Community Hall
18th March - Community Hall
15th April – St Mary's Parish Hall
20th May - St Mary's Parish Hall
17th June - St Mary's Parish Hall
15th July - St Mary's Parish Hall
19th August - St Mary's Parish Hall
16th September - St Mary's Parish Hall
21st October - Community Hall
18th November - Community Hall
16th December - Community Hall

All meetings start at 7.00pm

The date of the Annual Parish Meeting will be set later in the year, as we hope to co-ordinate this with the final stages of the Neighbourhood Plan project.

UFFORD PUNCH NOTICEBOARD



This January, Suffolk's answer to the Bonzo Dog Doo Dah band, The Pancakes, are making their way to St Mary's Hall in Ufford.

The Pancakes may well be the best band you have never heard of. Writing songs about crazy fingers, sensible thumbs, chickens and many more absurdities, The Pancakes are an eclectic mix of trombone, harmonica, self-made instruments and comedy that you do not want to miss.

Also joining us is the young up and coming singer songwriter, Laila Hollis, playing an opening set. Laila's fantastic voice and songwriting is making waves in the local scene and has caught the attention of many. You may well be watching a future pop star, yet to be signed, play on your doorstep in Ufford.

If this hasn't persuaded you, there will also be a bar there on the night. To buy a ticket, text 07484 689971 or go to https://www.eventbrite.co.uk and search The Pancakes. They're selling quickly [like hotcakes: ed] !

Tom Mumford

Want to be kept updated on music events happening in our area? Tom has created Spotlight, a regular list featuring events and local music news, delivered to your inbox. You can join the mailing list by visiting the website www.spotlightmusiconline.com and adding your email at the top of the page.

GAS MAIN REPLACEMENT CLOSURES: The last three months of the project will begin after the New Year and will require traffic lights on the following two locations:
6th - 24th January 2025: Two-way traffic lights from the A12 flyover to Byng Hall Road
27th January - 3rd March 2025: Three-way traffic lights on Byng Hall Road and High Street

Your Punch Xmas Greetings help Lighthouse Women's Aid

The £300 received from greetings will be spent on putting together bags of things that women and children need when they flee an abuser and arrive with nothing at Lighthouse - items such as toothbrushes, soap, flannels and some small amount of clothing.

Sue Wright presents the cheque from Xmas card adverts to Deb of Lighthouse Women's Aid.

JOHN CORNHILL

10th September 1940 - 8th December 2024

We are saddened to report that John Cornhill, a resident of Ufford for the last seventeen years, died recently at his home in Ufford Place. We offer Tricia, his wife, our condolences. There will be a full obituary in the February Punch.

Greetings From BUENOS AIRES

Dave and I have felt very privileged to have seen the purple flowers on the JACARANDA trees which are only in bloom for two weeks. The houses in the pictures are in La Boca and represent the typical tenement shacks which are covered in zinc and painted from leftover paint that the Genoese immigrant workers got from the ships in port. It's a magnet for visitors who come to see the painted houses and snap photos of the figures of Juan and Eva Peron and soccer legend Diego Maradonna who ' wave down' from the balconies. Its colourful shanties are often portrayed as a symbol of Buenos Aires.

All the Best
Sandy

A Happy Hyggemonay to all our readers

Paula Hill recommends a wellness regime everyone can affjord

It's easy to understand why the Danes are frequently ranked among the happiest people in the world. They have mastered the skill of bringing heart and soul into daily life, from the cosiness idea of hygge to a genuine love of nature.

But did you know us Brits are really excellent at hygge? (pronounced 'hoo-gah'). We just do not have a word for it. The term hygge is considered to originate from a Danish phrase meaning 'valiant, comfort, joy'. It represents a feeling of warmth, peace, togetherness, and contentment.

Hygge is not about spending lots of money to make yourself happy. Quite the contrary. Hygge, as the Danes define it, is a form of cosiness. It is about finding joy in simple everyday things whilst the days are short and the nights are long and dark.

So what are the fundamental principles of hygge?

CREATE A COSY SPACE - light candles, add soft textures to your home with cosy blankets, cushions and throws, especially wherever you like to curl up and retreat from the world.

SPEND TIME WITH LOVED ONES - get together with a few close friends for a game or movie night sharing a bottle of wine (or 2!)

PRACTISE SELF-CARE - by doing activities you enjoy such as having some quiet time to read a book, finding a creative outlet or going out for an early stroll in nature before breakfast.

SLOW DOWN AND SAVOUR - a cosy night at home in front of a roaring log fire, a slow-cooked heartwarming casserole and the dog resting his head on your lap is ultimate hygge!

If there existed a village in the world that could be described as hygge, I believe Ufford would be an excellent fit. Ufford, with its lovely cosy thatched cottages, picturesque village church, an abundance of kind and caring residents, and two warm and welcoming pubs, Ufford is the complete embodiment of hygge.

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Wishing all of Ufford a very
HAPPY NEW YEAR!

Thank you to our friends and customers of 2024.

A special thank you to the Ufford Parish Council and all those that helped in the fight against the proposed road closure. Your strong support and determination to protect our village was truly appreciated. Thank you ♥

We look forward to seeing you again soon.

All the team at the Ufford Crown xx

THE UFFORD CROWN

Please note that the Ufford Crown will be closed
Thursday 2nd January for lunch and supper
Friday 3rd January for lunch only.

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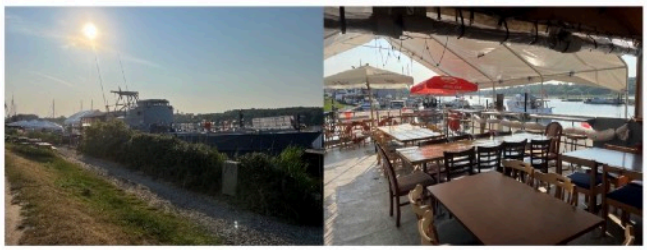

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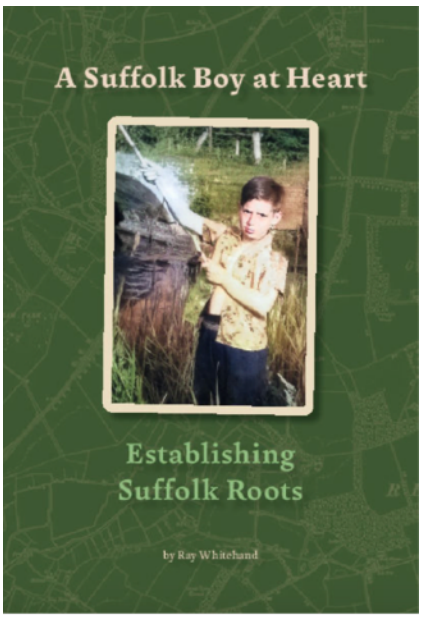
Please note we are a walking/cycling destination; there is no parking in Melton Boatyard. Trains stop at Woodbridge and Melton for a wonderful one-way river walk.

5% Discount for all Ufford Punch readers on production of this advert

Ray's Roots

When Ray Whitehand featured in our September 2024 issue he mentioned he was working on his autobiography. Volume 1 is now hot off the press!



English was never Ray's strongest subject at school, so it is remarkable that in his retirement he has become quite a prolific author, having published a number of books on local subjects including the local workhouses and the Wickham Market National School (now Old School Antiques). Now he has written his own story, or at least the first 40 years of that story from 1948 through to 1988.

He takes us from an isolated rural world to a recognisably modern era, with the loss along the way of birds, insects, and ancient woodlands (his description of the spectacular dawn chorus of his childhood, which we can only imagine now, is particularly poignant). He was born in a tied cottage in Pettistree, which came with his father's job as a farm worker; water came from a well on Stump Street; the electrical supply consisted of basic lighting and one socket in the scullery. The family produced their own vegetables, raised pigs and supplemented their income with fruit and potato picking.

Ray never left the land, but his father discouraged him from becoming a stockman - instead he worked as a gardener at Notcutts, specialising in raising trees, then went into private gardening before moving back into garden centre management and ending up managing Goldsmith's nursery in Ufford. Despite his steady progress in mastering his trade, the story ends at an uncertain point in his life; we look forward to learning the outcome in another volume.

To learn more, visit https://historicalsuffolk.com/publications/ or contact Ray at historicalsuffolk@gmail.com

WHITE LION PUB
Lower Street, Ufford

Winter at the White Lion

Happy New Year to One and All!
From the White Lion Team

Quiz Night - Tuesday 14th January 7pm - Rosemary's Babies
Open Mic Night - Thursday 16th January 7pm
Quiz Night - Tuesday 28th January 7pm - Diamond Dogs

Burns Night at the White Lion - Saturday 25th January 7pm £28.50 pp
Join us to toast Robbie Burns with a traditional meal and a glass of malt
Cullen Skink, a creamy smoked haddock soup
Traditional haggis, neeps 'n' tatties with a delicate whiskey sauce
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For additional information or to book a table or an event contact
Andy on 07538 600986 or 01394 460770 info@uffordwhitelion.co.uk

Opening Times for January: Closed all day Monday
Tuesday - Saturday 12-2:30pm 6-10pm
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Punch Christmas Leftovers

All the events that happened too late for the December Issue

Ufford Gardening Club AGM and Dinner

The dinner is always a very popular event on the village calendar, and this year was no exception.

Steven, the Forgiels, Jinny and Rob

Some fifty members gathered in the Community Hall on a particularly cold evening but the hall soon warmed up, helped by much lively conversation and laughter as members settled down to enjoy the evening. Vernon and his team from the Anchor in Woodbridge served a really delicious meal to all and complimentary wine was generously provided by the club.

After the meal Club Chair Rilla Forge, summed up the year - the club has a very healthy membership of 99, but who is going to be that special 100th member?

The year started with the plant sale, followed also in May by the ever-popular Members' Open Gardens, with three new spectacular members' gardens being explored. The outing to Green Island Gardens, Ardleigh in June, and the annual Summer Show in July also both proved very successful.

After three years in the Chair Rilla announced she would be stepping down. Fellow committee member Brad Woodgate has volunteered to act as Chair until a permanent replacement is found. With a number of other committee members also stepping down the committee is very much in need of new blood if the club is to continue to survive and prosper. If anyone is interested in stepping up please contact the Club Secretary Sheila Creswick on 01394 547658 and she will be very happy to provide full details. **Alex Bennett**

Retiring Chair Rilla gives her farewell speech

St Mary's Christmas Fayre

This event, which has been taking place in the village hall for over 100 years, was the year's first village Xmas event, and the extremely busy hall revealed an early abundance of Ufford Xmas spirit.

Jinny with grandson Jake

One table was filled with an assortment of interesting raffle prizes, another with Christmas gifts and last but not least one with a mouthwatering display of cakes.

There was a beautiful cake asking you to guess its weight, get it right and it was yours. Janet Slattery with her willow weaving and Christmas wreaths, Jane Cochrane's fine art and Helen Knight with handmade jewellery .

Teas, coffee and cakes were provided by a very cheerful band of helpers giving a chance for many to have a break from shopping and catch up with all the village news.

It was another successful Fayre and over £500 was raised for church funds.

A big thank you to everyone who contributed.

Alex Bennett

Sarah and John Mann

Christmas Fair at The Crown

One of the most enjoyable things about Christmas is the preparation. The Christmas fair at the Crown gave an appreciative crowd a chance to buy among other things: artwork, puddings, gin, jewellery, wreaths, cards, knives, chilli sauces, wines, clothes, sweets and, most importantly in Ufford, doggy Christmas treats!

Hosted by Polly and Max Durrant, the afternoon proved a huge success in raising money for Nick Apperley's MND charities. Polly commented 'We are just so pleased how it all went; we had a lovely variety of local traders and so many people came to support. We were bowled over by everyone who generously donated to the tombola and prizes for the raffle helping us raise £1,230 for such a wonderful cause.'

Tony Hill

Photos PD and TH

Ufford Art History Group Christmas Extravaganza

This has been yet another successful year for the UAHG with seven outings organised by our very diligent and inventive committee - John Mann, Maureen Morgan and Jenny Searle.

The year began in February with a fascinating talk and tour of St Marys church Ufford by Roy Tricker after which we had lunch in the White Lion. In April we visited Flatford Mill for a guided tour and afternoon tea. During the summer there were further trips to Earsham Hall, The Hall at Milden and Hedingham Castle - all these visits included fun lunches in nearby pubs.

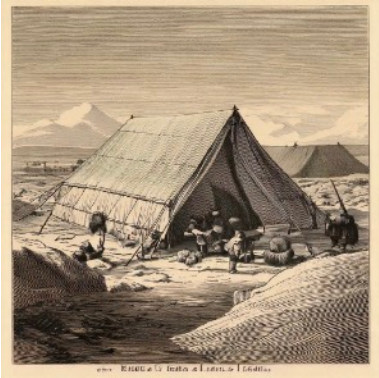
In November John Mann gave a very interesting talk on Venus & Botticelli followed by fizz and cake in the Community Hall.

Finally in December we travelled to Hintlesham Hall, a Grade-1 listed historic manor house hotel, for our 'Christmas Extravaganza'. Bucks Fizz was served in the library which was festooned with beautiful Christmas decorations to get us in the festive spirit and then we all settled down to a truly delicious lunch.

Alex Bennett

UAHG Committee: Jenny, John and Maureen

Surviving January



For many of us, it's a daunting month to get through, but fear not - the Punch has gathered together a disparate and undisciplined collection of books, events, trips, games and entertainment to help you reach February. Forget the guilt and penance, just indulge yourself with our handy guide.

Get out of town! Try Bentwaters …

There's nowhere more mysterious or evocative than a disused airbase. The museum is closed in winter, but stop in for the coffee and baked goods at Harvey & Co. Yes, he's the founding Harvey in Honey + Harvey and his baker Carl was formerly head baker at Pump Street. Angela L says it's 'Better than Pump Street'. That's fighting talk. If you need to cut your croissant, walk across to Kin Knives where you can buy a beautiful Japanese Santoku for £100 or so.

Or Cambridge …

The Wren Library is one of the jewels in the Cambridge crown. Open to the public at limited times. Bracingly rude staff by some accounts.

Lots to see, but my favourite place in the world is the house and gallery at Kettle's Yard.

Or Sudbury …

Visit Gainsborough's House. Remodelled and reopened in 2022 as a museum with world-class exhibitions.

Or … Milton Keynes???

The MK Gallery is exhibiting the work of Vanessa Bell modernist painter, sister of Virginia Woolf and Bloomsbury Group member.

Kevin Y

Music. Tom M recommends: The Last Of The Melting Snow by The Leisure Society. 'An unknown band but a favourite of mine!'

Jigsaw? No - it's **Wasgij** suggested by Ann G.

Your challenge is not to make the picture you see on the cover, but to recreate what the characters in the cover picture are seeing. A challenge to your creative imagination!

TV **The Day of the Jackal** (Now TV). Eddy Redmaine sensitively plays a brutal assassin.

Rivals (Disney+), not suitable for children or discerning adults. 'Dramatisation of Jilly Cooper's eighties bonkbuster. Naked tennis anyone?' Clare M

Baby Reindeer (Netflix) A big hit in April 2024. Controversial, original, very disturbing.

Talkin' Bout a Resolution

Surviving January? It's the journey, however short lived, of the New Year resolution for me. The glorious 11 days of alcoholic abstinence (a record, despite numerous attempts), the 21 (or was it 19?) days of memory training or last year's exhilarating 16 days of basic stretching exercises, following an increasingly grating and let's face it, unrealistic YouTube instructor. I also enjoy losing weight in January and that does usually last the whole month … but that's only because it's easy having reached the previous year's high only the week before. Oh, that reminds me I must buy that packet of Ryvitas and tub of low fat cottage cheese. **Anon**.

Dry January VS Wet January

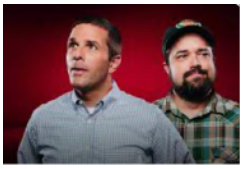
If you're diving into the expanding world of non-alcoholic drinks, here's a few suggestions:
If you like beer: you can't do better than Adnam's Ghost Ship £2.80
If you like a gin and tonic: Clean G is particularly aromatic and has no sweeteners £16
If you want wine: it's hard to find one that works, but bubbles help. Try Nozeco or M&S's Fizzero.
If you enjoy a good Campari: Abstinence, which is fabulously bitter £14.99
If you want something with a bit of a kick: Waitrose's OSU is cider vinegar with lemon and ginger. Fabulous with tonic or soda £7.50
If you're looking for something original: try the fresh snapped-pea-pod flavours of Seedlip Garden (the White Lion serves it) £22
If you miss the effect: Sentia is a drink developed by a Professor of Parapsychology to mimic the relaxing and convivial effects of alcohol. It's not cheap but it does seem to work. £32 **Tig T**

The first thing my family agreed on was that Dry January is not to be attempted in the dreary months between Christmas and Spring. If you really want to detox, do it in June when you might have more nice things to do.
Helen P

Cocktails should be the instruments of choice for a January survival kit. Keep them simple and traditional, no silly names. Old Fashioned, Margarita, Sidecar, Gin and Tonic. Mojito. My favourite is a Vodka Martini: Cocktail shaker. Enough ice to cryogenically freeze a polar bear, SMALL splash of dry vermouth. Add vodka. Shake until fingers turn blue with cold. Add 3 olives on a cocktail stick - not 2 or 1. 3. Serve. **Kevin Y**

Now January has come
I'll have a glass of wine
I think I'll have more than one
Nick A

Pick of the Podcasts chosen by the Paxton family



'Stuff You Should Know', hosted by Josh and Chuck comes out four times a week and discusses anything from historical figures or events to how roundabouts work. It makes no claim to 100 per cent accuracy, but does have a team of researchers helping with the facts.

'When it Hits the Fan' BBC Sounds. Deals with current events and discusses PR successes and failures. It's hosted by two PR experts, David Yelland, a former Fleet Street editor, and Simon Lewis who has worked in PR for many years, including at Buckingham Palace. They discuss the way the results of an event (a fan hitter) can be shaped in the public mind for good or ill by the spin that's put on them. Informative for anyone not familiar with the world of PR, or interested in current events. They also do short pieces called 'Quick Wins' with titles like ' How to Get Ahead when you're Shy' and 'How to Deal with Backstabbers'.

My personal favourite is 'Uncanny' on BBC Sounds. Ideal for listening to on a winter's night if you enjoy a good ghost story or anything paranormal. It describes and discusses experiences which have been sent in by listeners, usually predicated with the words 'I don't believe in ghosts but…' and has a very loyal audience. The host is Danny Robins. When listening to a man describing a particularly frightening experience with a poltergeist , Danny whispered 'Bloody Hell, Ken', which I believe you can now get written on a t-shirt. They made a TV spinoff, but I think the pictures are better on the radio. **Helen P**

\

An American Voice **Daniel M**

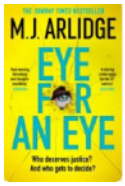
I recommend that everyone in Ufford see the new film starring Demi Moore called **The Substance** (Mubi). A very exciting film about the pressure of ageing, *a must watch*.

A *laugh out loud* funny comedy for the discerning, **Between the Temples** (Prime Video) is one of this year's best. A bereft, widowed cantor falls in love with his octogenarian former music teacher – what could go wrong?

Looking for something to read in January? *Look no further* than **Attached**, a book about the variously disfunctional ways we form intimate relationships. Some of you have never had therapy and it shows.

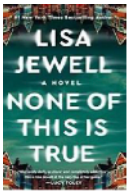
Book Club Choices

The best books recommended by the Uppers Book Club



Eye For An Eye by M. J. Arlidge

A small group of people have been given life-long anonymity upon release from prison because of the nature of their crimes. What happens if their true identities are leaked to the victims' relatives? A thought-provoking read about rehabilitation and retribution.



None Of This Is True - Lisa Jewell

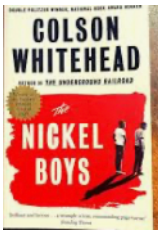
A woman becomes the subject of another's podcast and their lives becoming entwined, with devastating consequences. A twisting psychological thriller.

Strange Sally Diamond - Liz Nugent

Her Dad had always told her to put him out with the rubbish, so that is what Sally did and she can't understand why everyone is so upset. The reason for her unconventional behaviour becomes clearer as we gradually learn about Sally's terrible childhood and upbringing. A compelling read with moments of dry humour amongst the dark subject matter.

Nicky S

Between the Covers book group: The Nickel Boys by Colson Whitehead



I was slightly wary of a book about institutional racism and Southern poverty written by an Ivy League author from a prosperous background. But this is superbly written and structured, navigating a fine line between numbing hopelessness and false optimism. Like a winter swim at Shingle Street it's worth bracing yourself and taking the plunge. [Note: this is poetic licence. The reviewer has never actually taken a winter swim at Shingle Street]

Kevin Y

White Whale Privilege

Tig's book group (mainly from outside the village but with four village members) chose *Moby-Dick* as their classic long read for 2024, 'and the book blew us away with its originality, wit, dramatic intensity and ability to make 30-page digressions about the habits of whales fascinating'.

Editor's note: Melville's description of a chowder eaten on Nantucket Island is one of the most seductive descriptions of food ever written. See page 22 for more details.

TV Pick of the Month **Severance returns to Apple TV for a second season on January 17th!**

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Nature Notes by Chris Reading

I leant upon a coppice gate when frost was spectre grey…' So begins my favourite poem: 'The Darkling Thrush' by Thomas Hardy. It tells the tale of a weary traveller trudging home on a bleak winter's eve. He's had a hard day and the dark and cold are wearing him down. Then a thrush sings out of the darkness. Or as Hardy puts it: 'An aged thrush, frail, gaunt, and small, in blast-beruffled plume, had chosen thus to fling his soul upon the growing gloom.' The bird was almost certainly a mistle thrush, also known as a storm cock because of its penchant for singing during inclement weather. It's a cousin of the song thrush and has the same speckled breast but is larger and more powerful. A mistle thrush stands upright and bounds across the ground. In flight it gives a rattling call but is more often found perched in a treetop, singing its fluty song. The poem is one of hope in gloomy times. I can't do better than conclude with Hardy's final few lines: 'So little cause for carolings/ Of such ecstatic sound/ Was written on terrestrial things/ Afar or nigh around/ That I could think there trembled through/ His happy good-night air/ Some blessed hope, whereof he knew/ And I was unaware.'

Nature Knowledge – What do all birds have in common? That's right, feathers. They are made from keratin, like our hair and fingernails. There are different types depending on their function. Down feathers grow close to the body to keep it warm. They are protected by a tough outer layer of contour feathers. Wings have feathers adapted for flight. Some feathers are designed to impress and others to camouflage. Males must show off to attract a mate. Females prefer to be inconspicuous, especially when on the nest or guarding their young.

Photo: Chris Reading (submitted by a reader)

PUNCH DELIGHTED BY RESPONSE TO CHALLENGE

In our September issue, the Punch team threw down the gauntlet and offered to build a go-kart to challenge any other village team in the 2025 annual White Lion downhill race.

We are pleased to announce that nobody took us up on the offer, which means that we can spend the summer relaxing without the unnecessary labour of having to build and test a suitable vehicle, and team driver Andy, 87, will not have to risk life and limb piloting it.

Based on this response, we intend to issue a series of increasingly unlikely and dangerous challenges next year, safe in the knowledge that nobody will respond.

We have picked up the gauntlet we threw down which means that, once again, we have a matching set and no longer have to risk frostbite in one hand during the cold weather.

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Back To School

Having recently completed a master's degree in fine arts at Norwich University of the Arts, Jane Cochrane offers a few notes for anyone considering returning to study as a mature student

Uni or College Open Days Visit two or three and get a feel for the spaces and people. For me, the tour of Norwich Uni was an absolute decider - particularly the friendliness of the staff, student ambassadors and workshop.

IT skills A lot of work or research is now accessed via the intranet or Virtual Learning Environment (VLE) – but don't worry if you feel that your IT skills will let you down. This is the perfect opportunity to learn in a supportive environment. At Norwich, we had access online, in person via the IT help desk, and a study skills tutor who did online sessions or one-to-ones, depending on your needs.

University Library Accessing such a fabulous range of books was totally joyful. The library was a great workspace, and the librarians loved researching difficult things for me. My only difficulty was that art books weighed a ton, and I needed a sack truck to transport them.

Off-site visits were so enriching. We had a day in London walking around small specialist galleries that I'd not come across. Starting at the Whitechapel Gallery our small group covered 8 galleries and 25,000 steps. Other off-site events included an inter-institutional symposium in Cambridge.

Critiques These felt quite worrying at first but became very helpful with other students' and tutors' perspectives adding a lot of depth to my work.

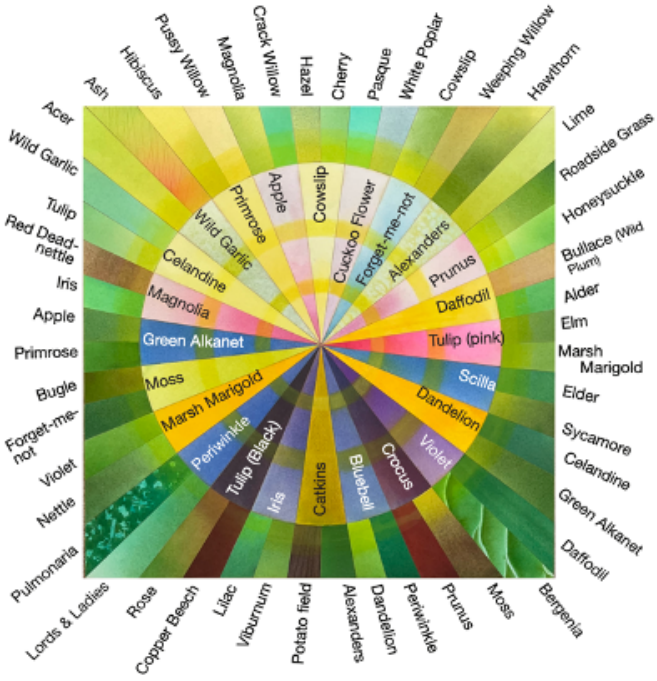
Ageism I can honestly say that there was no negativity toward me or any of my older colleagues. Norwich prides itself on being inclusive, and I'm sure other establishments do too.

Friendships I've made many new friends and contacts from all walks of life. Our small tutor group has grown so close that we have now exhibited together as postgraduates. It feels good to widen my circle.

Pressure Expect to feel pressured. I was surprised at the amount of research and writing connected to a Fine Arts Degree, but I found it very stimulating, and I enjoyed pushing myself to achieve.

Correspondence or In-Person I originally considered an Art correspondence course – it seemed easier and less threatening, but the amount I've gained by going to Norwich is huge and well worth the early mornings!

Finally, I would not have had the skill or understanding to create my final project had I not taken this course.
I created a painting based on the colours of the plants that stood out to me during my early morning runs around the village - you might even have spotted me taking photos of some emerging flowers or leaves in your garden. The painting (see below) is called Essence of Spring and consists of 24 individual flower swatches and 48 separate leaf swatches, each glued into place on the board. The second image shows the plants I chose and their location on the painting. In addition, I created a book with photos of each plant, some notes about it and the pigments I used for each swatch. The key thing for me about the painting is that it highlights the luminosity of spring light here in Ufford.



Stumpery for Stag Beetles in Parklands Wood

Friends of Parklands Wood teamed up with **Wild About Ufford** to build a stumpery.

What is a stag beetle?

Stag beetles are the UK's largest beetle 5-7.5cm long. They have impressive jaws which look like antlers and males duel with their rivals to attract females. They spend most of their life underground as larvae and feed on decaying wood, but can be seen between May and August in SE England. The males fly on balmy summer evenings in search of the flightless females. They are a priority species, found in oak woodlands, gardens, parks and hedgerows.

What else is a stumpery for?

It provides habitat for a host of pollinating insects, frogs, toads and small mammals. There is more life in dead wood than living wood. It's great for biodiversity.

Has woodland biodiversity increased?

Yes, since the wood was thinned the light flooded in, wildflowers sprung from the earth which had become a massive seed bank. Flowers attract insects and insects attract birds.

Why cut down trees?

The trees are felled under licence in accordance with a Forestry Commission approved management plan. It is necessary to fell weak, diseased and overcrowded trees to allow the remaining trees better to growth and encourage the understory.

Planting new trees?

Saplings from the Woodland Trust are set to be planted this winter and many species such as oak, ash, hazel and hawthorn self-set. The wood must survive for future generations.

Can I help?

More volunteers are needed. It's good for fitness and wellbeing and much cheaper than a gym membership! Meet on Mondays at 9:00 in the Community Hall carpark. Other times are being considered. For further information contact Jane Hawthorne 01394 420241 j2.hawthorne@btinternet.com or Rilla Forge rillaforge@gmail.com.

Rilla Forge

Ufford Community Defibrillator

The Community Defibrillator for Ufford is situated on the external wall of the Community Hall, to the right of the entrance door. The code to unlock it will be passed to you by the Emergency Services, if you have a reason to call for an ambulance. To open the box, enter the number you are given, place both hands on the side of the box (in the indents) and pull towards you. Take out the Defibrillator and take it to the casualty.

When back at the casualty, open the Defibrillator and follow the instructions as they are spoken to you. If you would like to watch a video on how to use a Defibrillator visit https://www.bhf.org.uk/how-you-can-help/how-to-save-a-life. Remember, you CANNOT do any harm when using a Defibrillator. The machine analyses the casualty and will not allow you to 'shock' them if this is not needed.

If you remove the Defibrillator from its case, please return it as soon as possible and call Judi Hallett on 07794 411927, so that she can re-order any pads that have been used. If for any reason the machine at the Community Hall is not available, James Foskett has kindly said that the machine on the external wall at Low Farm is available to all. If you ever use it, please ensure staff at the farm are made aware as soon as possible.

Garden Notes by Susannah Sharman

Susannah trained and worked at Notcutts Garden Centres, attending Norfolk and Hadlow Horticultural & Agricultural College in Kent. Over 40 years she has covered many aspects of horticulture from selling, buying and landscaping to teaching and advisory services. Her own business, Garden Art Design, works alongside Swann's Nursery where she runs the School of Gardening, providing short courses, garden visits and a garden club. www.**gardenartdesign.co.uk**

Know your Soil

It doesn't look like much is happening in the garden during the winter… but you are wrong! So much is going on in the soil, especially during Autumn and the milder moments of the colder months.

First and foremost, the roots of trees, shrubs and evergreens carry on growing. Planting in autumn is still the best time to get better establishment so that plants are ready for the spring burst and the summer to come. If we get very cold weather and deep frosts then the plants will go more dormant, though evergreens are always on 'tick over'. If your garden is in a dip or exposed they may be tricky to keep looking good as the leaves could get wind or frost damage and unfortunately you don't get a fresh batch of leaves in spring like deciduous plants.

So much goes on in the soil, with the microorganisms, bacteria, nematodes, mycorrhizal fungi, and arthropods all working to process the fallen plant material to be stored in the roots ready for the explosion in the spring. It's amazing how all the fallen leaves seem to disappear, decay and are eaten and made into highly nutritious soil. The more deciduous trees and shrubs you have in your garden the better soil ecology you will have, even if you have poor subsoil like sand. What goes in at the top is what matters.

What can you do to help your soil? Well, if you are composting then the winter months are the time to empty the ready compost onto the garden. Even if the compost is just a mulch (chunky bits) it is ideal for the soil ecology. Spread it around the garden, especially on plants that need a lot of nutrition or have shallow roots such as herbaceous, roses, fuchsia, hydrangeas. Also

leave debris on your borders to feed the soil ecology… don't pick up all the leaves except on the lawn which is evergreen and needs light!

When spring arrives your plants will have the strength to grow and excel, you will have a healthy garden with well-established roots that will be able to fight pests and diseases and manage much better during dry periods.

Ufford Pets - a new feature for budding young article writers

Do you have a pet or pets and would like to tell us about them? If so, we would love to hear from you.
Please contact us at submissions@uffordpunch.org.uk - thank you Polly for writing our first article.

Hi, my name is Polly and I have a pet cockapoo called Taffy. She's half cocker spaniel and half toy poodle.

I love having a dog because she is so much fun and is really playful. She has unconditional love for everyone around her and she always brightens our day. Taffy is two years old and she loves going on walks, cucumber, banana and trying to chase squirrels. She loves attention and will jump up on her back legs like a circus dog! When

we come home, she gets very excited and brings us a toy (but first she checks to see if the postman has left her a biscuit!).

Her favourite thing to do is to snuggle up on the sofa with us. We live in a great area for a dog as there are so many places to walk around Ufford. Dogs make a home complete and I now can't imagine life without our Taffy.

Polly Forgiel, age 11

Engineering The Truth

In December, we reported on Peter Cochrane's participation in the Austrian documentary *How to Build a Truth Engine*, for which he provided the title. Here we take a deeper dive into his work.

The story started in 2016 when Peter was a collaborative researcher with the Computer Research Institute (QCRI) in Qatar, contributing to a programme focussed on the detection and characterisation of propaganda. This involved university teams in the EU and USA, and culminated in the engineering of rudimentary AI systems with potentially viable detection methods.

In 2019, Sofia University in Bulgaria hosted an 'Open AI Hackathon' to test the various systems in competitive real-life situations. The event attracted over 30 teams, from countries including Canada, Germany, USA and the UK, who fed their machines a mixed sample of documents - some bona fide and others containing errors, lies and propaganda. Repeated trials over a week saw success rates for detecting falsehoods rise from 55 - 75% overall to 88 - 91% for the best teams as their algorithms were refined.

Lies can run round the planet twice whilst the truth is tying its shoelaces

Given that AI achieved this by language feature analysis alone, Peter felt there was likely potential for further improvement if the results were augmented with additional information. By adding data from over 160 global fact checking entities, augmented by a fast growing library of lies and liars, he managed an additional nominal improvement of 5%. After this it became much tougher - in the next layer of data analysis were individual authors, commentators, pundits and of course the media! This sphere necessitated a study characterising the nature of lies, falsehoods, errors, and efforts at retrospective correction. In a world of social networks where the weight of opinion of an ignorant horde can soon become accepted fact, this was not going to be easy.

After several false starts he derived an algorithm that could be automated to reveal probabilistic judgments that he could manually apply to a sample of radio and TV stations, newspapers, journals and individuals. They

revealed hidden agendas, bias, and genuine errors, and also detected a pattern - the honest brokers made continual corrections, updates and refinements to their material, behaviour which was in stark contrast to the confident and certain, singular statements of those propagating falsehoods.

He named his conceptual integrated machine 'The Truth Engine', with a predicted capability approaching 99%. Unfortunately, he was unable to attract sufficient

If we lose a grip on the truth, especially in our sciences, then we lose our civilisation. It really is up to us

interest and funding to build all the new components; however others have continued to add additional features.

Issues remain, not just in identifying the lies but in persuading those who are lied to. Which institutions will people trust to arbitrate on issues of truth , especially when the AI algorithms can only explain how they arrive at their conclusions to other AI? Nevertheless a dialogue has been started and Peter's latest, and most important contribution to this now global project started when he was approached by a TV documentary producer and set about helping to raise awareness through a global audience.

MELVILLE'S CHOWDER (from page 15)

'Oh, sweet friends! hearken to me. It was made of small juicy clams, scarcely bigger than hazel nuts, mixed with pounded ship biscuit, and salted pork cut up into little flakes; the whole enriched with butter, and plentifully seasoned with pepper and salt'. Moby Dick Chapter XV.

For an updated version, fry chopped bacon and onion, then add potatoes cut into small cubes instead of ship biscuit, Boil in fish stock till soft. Add milk and simmer the clams with fish pieces. If you can't get fresh or canned clams, just use fish. Add (optional) cream or butter and cream and serve on a stormy January night. **Kevin Y**

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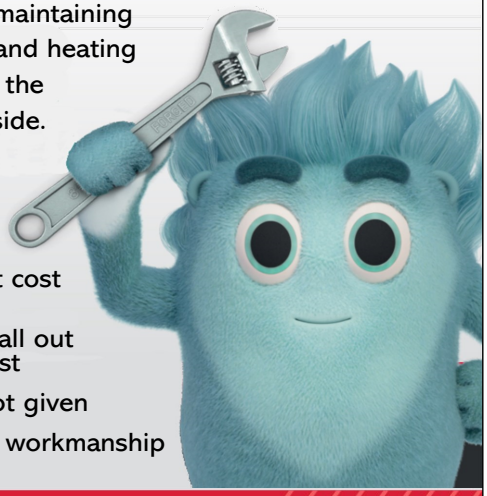

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UFFORD DIARY DATES FOR JANUARY

EVENTS

1st January (Wed)	Treasure Hunt starting from the White Lion at 10.30am	
8th January (Wed)	Ufford Coffee Morning 10.00am to 12.00 noon	UCH
13th January (Mon)	Friends of Parklands Wood - Working Party 9.00am	UCH
14th January (Tue)	White Lion Quiz Night - Food from 7.00pm, Quiz at 8.00pm	
16th January (Thu)	White Lion Open Mic Night 7.00pm	
21st January (Tue)	Ufford Parish Council - Meeting 7.00pm	UCH
22nd January (Wed)	Ufford Gardening Club Talk by Caroline 'The Farmhouse Gardener'	UCH
25th January (Sat)	Burns Night at the White Lion 7.00pm	
27th January (Mon)	Friends of Parklands Wood - Working Party 9.00am	UCH
28th January (Tue)	White Lion Quiz Night - Food from 7.00pm, Quiz at 8.00pm	

CLASSES AND CLUBS

Tai Chi Classes	Mondays at 2.15pm	UCH
Tennis Club	Mondays and Fridays from 5.00pm	UCH
Carpet Bowls	Tuesdays at 2.00pm	UCH
Crocodile Rock	Tuesdays 9.45am - 10.45am and 11.15am - 12.00 noon	UCH
Ufford Bell Ringers	Tuesdays 7.30pm - 9.00pm	
Happy Babies	Thursdays 9.30am -10.30am and 11am - 12 noon	UCH

BRIDGE CLUBS

Ufford Friendly Bridge Club
Mondays 6.30pm **UCH**

U2 Bridge Club
Wednesday 15th and 29th January - 1.45pm **UCH**

WHERE?

SMPH **St Mary's Parish Hall**

UCH **Ufford Community Hall**

The PUNCH Directory

Schedule of events and classes are on the diary dates above

Boules (by tennis court - UCH)
Di Fulcher 01394 460551

Bridge Classes
Mike Fisher
www.mikefisherbridge.com

Carpet Bowls
Di Fulcher 01394 460551

Community Hall
bookings.uch@gmail.com

Crocodile Rock
crocodilerock.music@gmail.com

Cycle Club
Stephen Thurlow 01394 460770

Deben Probus Club
John Hickling 01728 746322
johnhickling@uwclub.net

Friends of Parklands Wood
Mike Hawthorne 01394 420241

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Parish Church Committee
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k.eyres@btopenworld.com

PUNCHLine
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St Mary's Parish Hall
Karen Eyres 01394 460455
k.eyres@btopenworld.com

Tennis Club
Chris Cage 01394 461082

U2 Bridge Club
Adrian Smith 01394 461179

Ufford Art History Group
Jenny Searle 01394 460317

Ufford Arts Festival
Jeremy Eyres 07739 330398

Ufford Basketball Club
Daniel Metz
uffordbasketball@gmail.com

Ufford Bell Ringers
Kate Eagle 07765 252515
kate.eagle1@gmail.com

Ufford Friendly Bridge Club
Lyn Taylor 01394 460253

Ufford Gardening Club
Sheila Creswick 01394 547658
sheila@creswick.uk
www.uffordgardeningclub.org.uk

Ufford Players Theatre
Jackie Wilks 01423 333167

Ufford Tai-Chi
Ray Norris 01394 383076
www.suffolktaichiacademy.uk

Ufford PUNCH
Nicky Scott 01394 460186
secretary@uffordpunch.org.uk

ST. MARY OF THE ASSUMPTION, UFFORD

(United Benefice with St. Andrew's Church, Melton)

Rector of Melton & Ufford: Rev. Paul Hambling
Church Office: St. Andrew's Church, Station Road, Melton, Woodbridge IP12 1PX T: 01394 387491
Church Wardens of Ufford: Karen Eyres T: 01394 460455
David Perfect T: 01394 460363

This is the time of year when the Church falls seriously behind the secular world. In the world outside Christmas has been celebrated for most of December and, for many, will end on Boxing Day. The Church doesn't start its proper celebration until Christmas Eve and then continues for forty days until the beginning of February. So, the Crib will remain in place until then. Come and see it!

During that time there are two more major Festivals. On Sunday January 5th we celebrate Epiphany, the visit to the Holy Family of a group of Zoroastrian astrologers (Wise Men?). The Bible doesn't tell us how many. Originally the celebrations on this date (actually January 6th) included those for the birth of Jesus but late in the fourth century this was separated off and given its own day, December 25th. So, as a Festival, Epiphany is older Christmas.

On Sunday February 2nd we shall celebrate Candlemas, the presentation of Christ in the Temple. Again, this is a Festival of great antiquity with a record of its celebration in Jerusalem in about 380 CE. As the name suggests, a procession with candles is a main part.

Both of these services are very family orientated and fascinating, especially for young children. Do come along!
John Hare

Worship at Ufford & Melton

Everyone welcome at Services

January

Sun 5th Christmas 2
08.00 am Holy Communion BCP at Melton
10.00 am Parish Eucharist at Ufford
10.00 Morning Worship at Melton

Sun 12th Baptism of Christ Epiphany 1
08.00 am Holy Communion BCP at Ufford
10.00 am Eucharist at Melton

Sun 19th Epiphany 2
08.00 am Holy Communion BCP at Melton
10.00 am Parish Eucharist at Ufford
10.00 am Morning Worship at Melton

Sun 26th Epiphany 3
08.00 am Holy Communion BCP at Ufford
10.00 am Eucharist at Melton

LIVE CHURCH CALENDAR
www.uffordchurch.org

Food Bank - donations welcome to the 'Little Pantry 'at St Andrew's Church, Melton and Collection Box at Ufford Church.

Thank you. **Jenny Searle**

HAPPY NEW YEAR TO ALL!

Thank you to all the volunteers who look after our church in Ufford:

Church openers, cleaners, flower arrangers, brass cleaners, grass cutters, readers, coffee makers, servers, candle lighters, bell-ringers and our congregation.

Online prayer resources:

https://pray-as-you-go.org/home/
https://www.churchofengland.org/prayer-and-worship/join-us-service-daily-prayer

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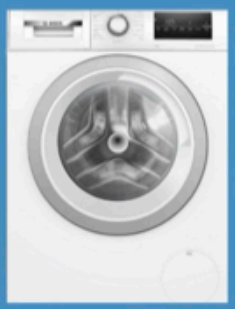

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GOOD LUCK!

PICK UP LITTER	SHARE YOUR TOYS	READ A BOOK TO SOMEONE	FEED THE BIRDS	RECYCLE A FEW ITEMS
DONATE A FEW TOYS	LEAVE SOMEONE A KIND NOTE	TRY A NEW FOOD	TRY OUT A NEW RECIPE	MAKE A NEW FRIEND
LEARN A NEW SKILL	WRITE 5 THINGS YOU ARE GRATEFUL FOR	SAY HELLO TO SOMEONE NEW	TRY A NEW SPORT	MAKE SOMEONE LAUGH
TRY A NEW HOBBY	GIVE SOMEONE A COMPLIMENT	LEARN HOW TO SAY THANK YOU IN A FOREIGN LANGUAGE	HELP WITH SOME CHORES	GIVE SOMEONE A HUG
READ A NEW BOOK	TELL A JOKE	SEND A LETTER TO SOMEONE	LEARN 5 FACTS ABOUT NATURE	DRAW A PICTURE FOR A FRIEND

Paula Hill

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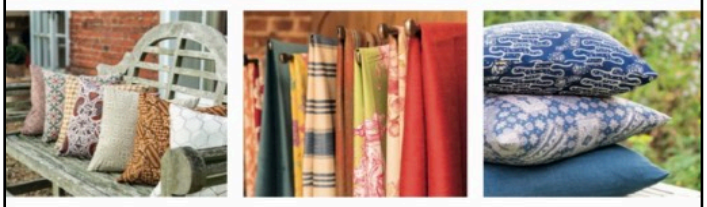

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